

Study provides new insights on how diabetes drug works

February 10 2017

Many individuals with type 2 diabetes produce abnormally low levels of a gut hormone called GLP-1, which normally stimulates insulin release from the pancreas.

Now a new study shows that GLP-1 production by special cells in the gut known as L-cells can be restored in patients with recent onset type 2 diabetes following three to 12 months of treatment with liraglutide, a drug that is similar to native GLP-1.

"This study shows that chronic liraglutide therapy induces a robust enhancement of GLP-1 secretion by the body that may hold implications for the [long-term effects](#) of this medication in patients," said Dr. Ravi Retnakaran, senior author of the *Diabetes, Obesity and Metabolism* study.

More information: Thomas Forst et al, Effects on α - and β -cell function of sequentially adding empagliflozin and linagliptin to therapy in people with type 2 diabetes previously receiving metformin: An exploratory mechanistic study, *Diabetes, Obesity and Metabolism* (2017). [DOI: 10.1111/dom.12838](https://doi.org/10.1111/dom.12838)

Provided by Wiley

Citation: Study provides new insights on how diabetes drug works (2017, February 10) retrieved

20 February 2023 from <https://medicalxpress.com/news/2017-02-insights-diabetes-drug.html>

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